



Free Wellbeing Walks Every Other Tuesday and Saturday in East Devon

All walks start at 10.30am, please arrive 15 mins before for registration.

All LED walks are free of charge

Please wear suitable clothing, strong supportive footwear and bring a bottle of water on warm days.

Everyone Welcome

Please do not attend a walk if you have had a recent positive test for Covid or have Covid symptoms

Maximum group of 30

For more information contact LED Community Team
01395 234123 outreach@ledleisure.co.uk



Exmouth

Meet at Manor Gardens Performance Stage

Grade 1 – 20 to 30 Minutes

Grade 2 - 60 to 90 Minutes

Date	Grade
Saturday 2 nd July	1 & 2
Tuesday 5 th July	1 & 2
Saturday 16 th July	1 & 2
Tuesday 19 th July	1 & 2
Saturday 30 th July	1 & 2
Tuesday 2 nd August	1 & 2
Saturday 13 th August	1 & 2
Tuesday 16 th August	1 & 2
Saturday 27 th August	1 & 2
Tuesday 30 th August	1 & 2
Saturday 10 th September	1 & 2
Tuesday 13 th September	1 & 2
Saturday 24 th September	1 & 2
Tuesday 27 th September	1 & 2

